

**Statistics Report 20032, Millet, cooked**

**Report Date: June 27, 2017 04:05 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	71.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	498	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	3.51	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	23.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Sugars, total	g	0.13	--	--	--	--	--	--	--	--	Calculated or imputed	20080	02/2003
<b>Minerals</b>													
Calcium, Ca	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Zinc, Zn	mg	0.91	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.106	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Riboflavin	mg	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Niacin	mg	1.330	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folate, total	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total	mg	11.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	20080	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20080	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20080	02/2003
Vitamin A, IU	IU	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	20080	02/2003
Lutein + zeaxanthin	µg	70	--	--	--	--	--	--	--	--	Calculated or imputed	20080	02/2003
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	20031	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	20031	02/2003
Lipids													
Fatty acids, total saturated	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.508	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.480	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Methionine	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.185	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.763	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.279	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.205	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001